Taste of Egypt

Your Ultimate Guide to Egyptian Cooking!

Authentic Cooking!

Exciting Taste!

25 Amazing Egyptian Dishes!

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By Paramte Poompuang

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Taste of Egypt
Responsible publisher:

Magic Media ApS
Marievangsvej 103
4200 Slagelse
Denmark
VAT no: 21099139

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Food recipes:
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Introduction

Welcome to the Egypt cooking book! In these pages, you will discover the rich and diverse cuisine of Egypt, a country steeped in history and culture.

From the bustling street food stalls to the elaborate traditional dishes, Egyptian cuisine has something to offer for everyone. With its unique blend of spices, herbs, and flavors, Egyptian cuisine is a delicious fusion of Middle Eastern, African, and Mediterranean influences.

So let's get started and explore the tantalizing tastes of Egypt!

All recipes are for 4 persons

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Kashari

Koshari is a traditional Egyptian dish made of lentils, rice, macaroni, and chickpeas topped with a spicy tomato sauce and served with fried onions. It's a staple food in Egypt and is considered a comfort food.

Ingredients:

- 1 cup lentils
- 1 cup rice
- 1 cup macaroni
- 1 can chickpeas
- 2 large onions, sliced
- 4 large tomatoes, chopped
- 1/2 cup tomato paste
- 1/2 tsp chili powder
- 1 tsp ground cumin
- 1 tsp paprika
- Salt and pepper to taste
- Vegetable oil for frying
- Fresh parsley or cilantro (optional)

Instructions:

1. Rinse lentils and rice and cook separately in salted water until tender.
2. Cook macaroni according to package instructions and drain.
3. In a separate pan, heat oil over medium heat and fry onions until golden brown.
4. In a large saucepan, combine the chopped tomatoes, tomato paste, chili powder, cumin, paprika, salt, and pepper. Cook until the sauce thickens.
5. In a large serving dish, layer the cooked lentils, rice, macaroni, and chick peas.
6. Pour the tomato sauce over the top.
7. Sprinkle the fried onions over the sauce.
8. Serve hot, garnished with fresh parsley or cilantro if desired. Enjoy!

Ful Medames

Ful Medames is a traditional Egyptian dish made from cooked and mashed fava beans, served with bread, lemon juice, and various spices. It is typically served for breakfast, and is considered the national dish of Egypt. It is a simple, filling, and nutritious meal that has been enjoyed in the region for thousands of years. The ingredients are typically mixed together in a large serving dish and served with pita bread for dipping or scooping up the mixture. Spices and condiments such as garlic, cumin, salt, pepper, lemon juice, and tahini are often added to enhance the flavor of the dish.

Ingredients:

- 1 lb dried fava beans
- 4 cups of water
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp salt
- 1/2 tsp black pepper
- 2 tbsp lemon juice
- 2 tbsp olive oil
- Fresh parsley or cilantro, chopped (optional)
- Pita bread, for serving

Instructions:

1. Rinse the dried fava beans and soak overnight in a large bowl of water.
2. Drain the beans and transfer them to a large pot. Add the 4 cups of water and bring to a boil.
3. Reduce the heat to medium-low and simmer, covered, for about 1 hour or until the beans are soft and tender.
4. Drain the cooked beans and transfer them to a large mixing bowl.
5. Mash the beans with a fork or potato masher until they form a smooth paste.
6. Add the minced garlic, cumin, salt, pepper, lemon juice, and olive oil to the bowl and mix well.
7. If desired, add chopped parsley or cilantro for flavor and garnish.
8. Serve the Ful Medames hot with pita bread for dipping or scooping up the mixture. Enjoy!

Ta’meya

Ta’meya, also known as falafel, is a popular Middle Eastern dish made from chickpeas or fava beans that are ground and formed into small balls or patties. It is usually served as a sandwich with vegetables, sauces and tahini, or as a standalone snack. Falafel is a staple of vegetarian cuisine and is widely considered a street food staple in many countries in the Middle East and Mediterranean regions.

Ingredients:

- 1 cup dried chickpeas, soaked overnight
- 1 medium onion, chopped
- 4 cloves garlic, minced
- 1/4 cup fresh parsley or cilantro, chopped
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1/4 teaspoon black pepper
- Vegetable oil for frying

Instructions:

1. Drain the chickpeas and place them in a food processor.
2. Add the onion, garlic, parsley or cilantro, cumin, coriander, salt, baking powder, and black pepper to the food processor.
3. Process the ingredients until the mixture forms a smooth paste.
4. Cover the mixture and refrigerate for at least 30 minutes.
5. Shape the mixture into small balls or patties.
6. Heat the vegetable oil in a deep pan over medium-high heat.
7. Fry the falafel balls or patties until golden brown on both sides, about 3 to 4 minutes per side.
8. Serve with your desired toppings and sauces, such as tahini, hummus, and vegetables.

Molokhia

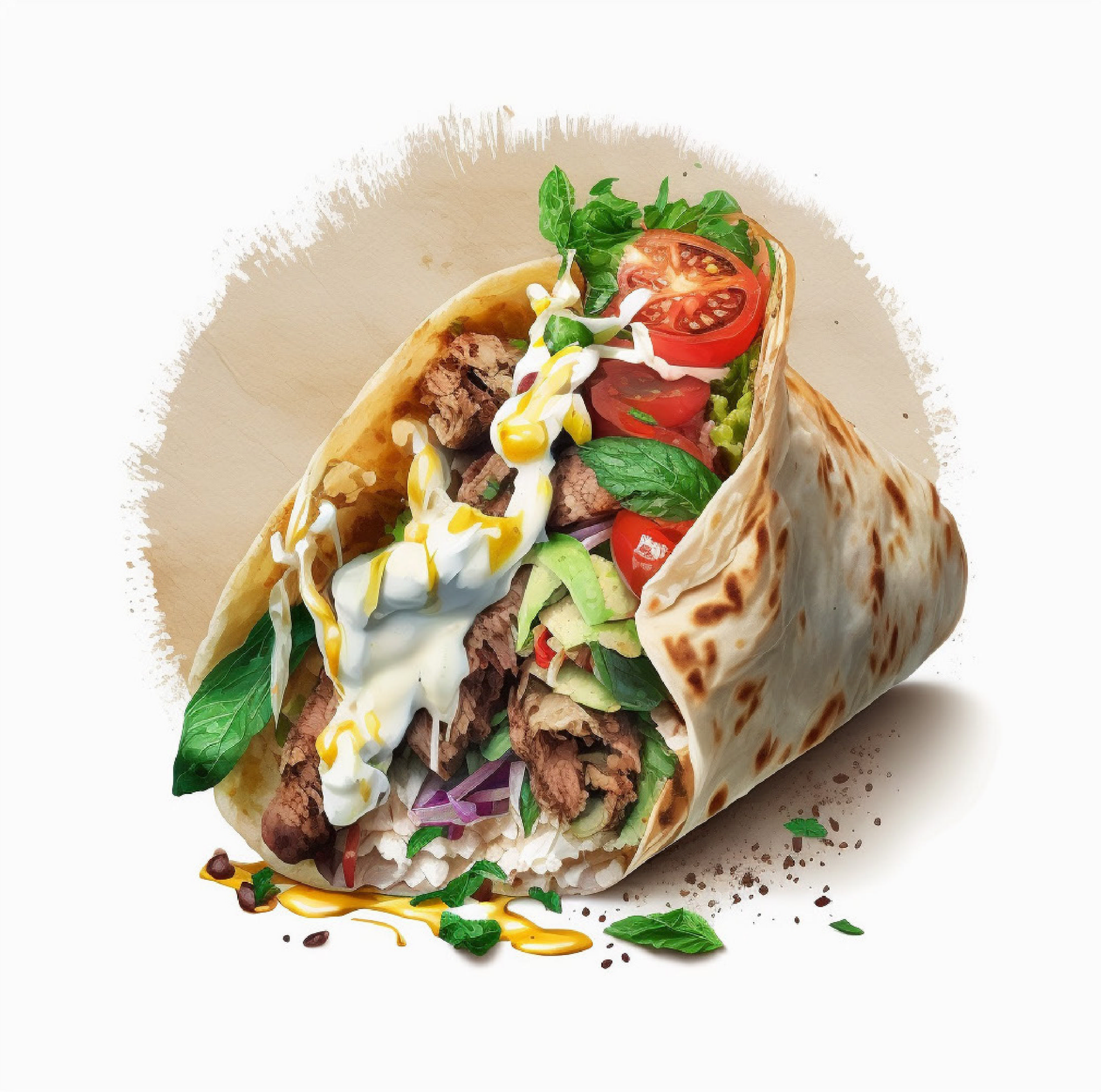
Molokhia is a Middle Eastern leafy green vegetable that is popular in Egyptian cuisine. It is typically cooked with garlic, coriander, and spices to make a flavorful soup or stew. The leaves have a slimy texture when cooked and are often served with rice or pita bread. Molokhia is considered a healthy food due to its high levels of vitamins and minerals.

Ingredients:

- Fresh or frozen Molokhia leaves
- Chicken or beef broth
- Garlic
- Onion
- Tomatoes
- Coriander
- Cumin
- Salt and pepper to taste
- Lemon juice (optional)

Instructions:

1. Clean and chop the Molokhia leaves.
2. In a large pot, sauté garlic and onion until fragrant.
3. Add chopped tomatoes and continue cooking until soft.
4. Pour in chicken or beef broth and bring to a boil.
5. Add the chopped Molokhia leaves and let cook for 5-10 minutes.
6. Season with coriander, cumin, salt, and pepper to taste.
7. Squeeze some lemon juice over the top before serving, if desired.
8. Serve over rice or with pita bread.



Shawarma

Egyptian Shawarma is a popular street food dish consisting of marinated meat (typically chicken or beef) that is slow-roasted on a spit and then thinly sliced and served in a pita bread or wrap. The meat is typically seasoned with spices such as cumin, coriander, and paprika, and is often topped with vegetables such as lettuce, tomato, and onion, as well as sauces like tahini or garlic sauce. This delicious, savory dish is a staple in Egypt and is loved for its convenience and bold, flavorful taste.

Ingredients:

- 1.5 lbs boneless chicken or beef
- 2 tbsp cumin
- 2 tbsp coriander
- 1 tbsp paprika
- 1 tsp turmeric
- 1 tsp black pepper
- 1 tsp salt
- 2 tbsp lemon juice
- 1/2 cup yogurt
- 4 pita breads
- Toppings of your choice (lettuce, tomato, onion, tahini sauce, garlic sauce)

Instructions:

1. Marinate the meat: In a large bowl, mix together the spices, lemon juice, and yogurt. Add the chicken or beef to the bowl and make sure it is coated well with the marinade. Cover the bowl and refrigerate for at least 2 hours or over night.
2. Cook the meat: Preheat your oven to 375°F (190°C). Place the meat on a baking sheet and bake for 25-30 minutes, or until fully cooked. Alternatively, you can grill the meat on a barbecue or cook it on a stovetop griddle.
3. Assemble the shawarma: Warm the pita breads in the oven for a few minutes. Slice the cooked meat into thin strips. Place the meat inside the pita breads and add your desired toppings.
4. Serve: Wrap the pita bread around the filling and enjoy your delicious Egyptian Shawarma!

Kushari

Kushari is a popular dish in Egypt that is considered the country's national dish. It is a hearty and flavorful mixture of ingredients, consisting of a mixture of rice, lentils, macaroni, and chickpeas, topped with a spicy tomato sauce and garnished with crispy fried onions. The dish is known for its combination of textures, flavors and is a popular street food and comfort food in Egypt. It is usually served with a side of garlicky tomato sauce and sometimes served with a squeeze of lemon for a burst of tanginess. Whether enjoyed as a main dish or a side, Kushari is a delicious and satisfying meal that will tantalize your taste buds.

Ingredients:

- 1 cup Basmati Rice
- 1 cup Lentils
- 1 cup Macaroni
- 1 cup Chickpeas
- 1 Onion, sliced
- 2 cloves Garlic, minced
- 2 Tomatoes, diced
- 1 tsp Cumin
- 1 tsp Paprika
- Salt and pepper, to taste
- Vegetable oil, for frying
- Tomato sauce, for serving

Instructions:

1. Cook the rice: Rinse the rice in cold water and then place in a pot with 2 cups of water. Bring to a boil, reduce heat to low, cover and simmer for 18-20 minutes, or until the water is absorbed and the rice is cooked.
2. Cook the lentils: Rinse the lentils in cold water and then place in a pot with 2 cups of water. Bring to a boil, reduce heat to low, cover and simmer for 20-25 minutes, or until the lentils are soft and cooked through.
3. Cook the macaroni: Boil a pot of salted water and cook the macaroni according to package instructions. Drain and set aside.
4. Fry the onions: Heat a frying pan over medium heat and add enough vegetable oil to cover the bottom. Add the sliced onions and fry until golden brown and crispy. Set aside on a paper towel to drain.
5. Make the tomato sauce: In a saucepan, heat a tablespoon of oil over medium heat. Add the garlic and cook until fragrant. Add the diced tomatoes, cumin, paprika, salt, and pepper. Cook for 5-7 minutes or until the sauce has thickened.
6. Assemble the Kushari: In a large bowl, mix together the cooked rice, lentils, macaroni, and chickpeas. Place in a serving dish and top with the tomato sauce and crispy fried onions.
7. Serve: Serve hot with a side of tomato sauce and a squeeze of lemon, if desired.

Tahini Sauce

Tahini Sauce is a staple condiment in Middle Eastern and Mediterranean cuisine, made from ground sesame seeds. It is a creamy, nutty sauce that is used as a base for dips, sauces, and dressings. Tahini sauce is typically made by blending toasted sesame seeds with lemon juice, garlic, and salt to create a smooth, spreadable consistency. The sauce is commonly used as a dip for vegetables or pita, as a base for hummus, or as a dressing for salads and grain bowls. It is also a popular ingredient in dishes such as baba ganoush and falafel. Tahini sauce is known for its rich, nutty flavor and versatility, making it a staple in many cuisines around the world.

Ingredients:

- 1/2 cup tahini
- 1/4 cup lemon juice
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon ground cumin
- 3 to 4 tablespoons water
- 2 tablespoons olive oil (optional)

Instructions:

1. In a bowl, whisk together tahini, lemon juice, garlic, salt, and cumin.
2. Slowly add in 3 to 4 tablespoons of water, whisking continuously, until the sauce reaches a desired consistency.
3. Optionally, stir in 2 tablespoons of olive oil for added richness.
4. Taste and adjust seasoning as needed.
5. Serve as a dip, sauce, or spread. Enjoy!

Egyptian Roast Chicken

Egyptian Roast Chicken is a popular dish in Egyptian cuisine that is made by roasting a whole chicken in the oven with a flavorful spice blend. The spice blend typically includes ingredients such as cumin, paprika, coriander, garlic, onion, and lemon, which are mixed together to create a flavorful marinade. The chicken is then coated in the marinade, and roasted until it is crispy on the outside and juicy on the inside. The result is a delicious and aromatic dish that is often served as a main course for special occasions or for family gatherings. Egyptian Roast Chicken is known for its crispy skin and flavorful spices, and is a staple in Egyptian cuisine.

Ingredients:

- 1 whole chicken (3-4 lbs)
- 1 lemon, juiced
- 3 garlic cloves, minced
- 1 onion, diced
- 1 tablespoon cumin
- 1 tablespoon paprika
- 1 teaspoon coriander
- Salt and pepper, to taste
- 3 tablespoons olive oil
- 1/4 cup chicken broth

Instructions:

1. Make the marinade: In a small bowl, mix together the lemon juice, garlic, onion, cumin, paprika, coriander, salt, pepper, and olive oil.
2. Marinate the chicken: Place the chicken in a large bowl or ziplock bag and pour the marinade over the chicken, making sure it is evenly coated. Cover and marinate in the refrigerator for at least 1 hour or up to overnight.
3. Preheat the oven: Preheat the oven to 375°F (190°C).
4. Roast the chicken: Place the chicken in a roasting pan, and pour the chicken broth around the chicken. Roast in the oven for 1 hour to 1 hour and 15 minutes, or until the internal temperature of the chicken reaches 165°F (74°C) and the skin is crispy.
5. Serve: Let the chicken rest for 10 minutes before carving and serving. Serve with a side of your choice, such as rice, roasted vegetables, or a salad.

Grilled Kebabs

Grilled Kebabs are a popular street food in Egypt and are made from a mixture of ground beef, lamb, or chicken that is seasoned with a blend of spices and then grilled over hot coals. The meat is typically shaped into long, cylindrical skewers and is served with pita bread, a salad, and a variety of condiments like tahini sauce, hummus, and pickled vegetables. The spices used in the kebab mixture vary depending on personal preference but often include cumin, paprika, coriander, onion, garlic, and lemon. The result is a juicy and flavorful dish that is a staple in Egyptian cuisine and is enjoyed by locals and tourists alike. Grilled kebabs are easy to make and can be cooked on an outdoor grill or indoors on a grill pan.

Ingredients:

- 1 lb ground beef, lamb, or chicken
- 1 onion, grated
- 2 garlic cloves, minced
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon coriander
- 1 lemon, juiced
- Salt and pepper, to taste
- 8 skewers

Instructions:

1. Mix the ingredients: In a large bowl, mix together the ground meat, grated onion, minced garlic, cumin, paprika, coriander, lemon juice, salt, and pepper. Knead the mixture until well combined.
2. Shape the kebabs: Divide the mixture into 8 portions and shape each portion into a long, cylindrical shape around the skewer. Repeat this process until all the skewers are filled.
3. Marinate: Place the kebabs in a large shallow dish and marinate in the refrigerator for at least 1 hour, or up to overnight.
4. Heat the grill: Preheat the grill to medium-high heat.
5. Grill the kebabs: Place the kebabs on the grill and cook for 6-8 minutes on each side, or until the internal temperature of the meat reaches 165°F (74°C) and the exterior is lightly charred.
6. Serve: Remove the kebabs from the grill and serve immediately with pita bread, a salad, and condiments of your choice.

Egyptian rice

Egyptian rice pudding, also known as “roz bel laban,” is a sweet and creamy dessert made with short-grain rice, milk, sugar, and spices. It is a staple dessert in Egyptian cuisine and is enjoyed year-round.
The rice is simmered in milk and sugar until tender, then flavored with vanilla, cinnamon, and sometimes a touch of orange blossom water. The pudding is then topped with a sprinkle of cinnamon and sometimes with a drizzle of honey.
Egyptian rice pudding is a comfort food that is enjoyed by people of all ages. It is often served after a meal as a sweet finish, or as a snack with a cup of tea or coffee. It is also a popular dessert for special occasions such as weddings and holidays.

Ingredients:

- 1 cup basmati rice
- 5 cups of whole milk
- 1 cup sugar
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- a pinch of salt
- 2 tbsp cornstarch
- 2 tbsp water

Instructions:

1. Rinse and drain the rice, then place it in a large saucepan with 4 cups of milk, sugar, vanilla extract, cinnamon, nutmeg, and salt.
2. Bring the mixture to a boil over medium heat, then reduce the heat to low and simmer, stirring occasionally, for 25-30 minutes or until the rice is tender and the mixture is thick.
3. In a small bowl, mix the cornstarch and water together until smooth.
4. Stir the cornstarch mixture into the rice pudding and cook for 2-3 minutes or until the pudding has thickened.
5. Remove the saucepan from heat and let the pudding cool slightly.
6. Serve the pudding warm or chilled, garnished with ground cinnamon and a drizzle of honey, if desired. Enjoy!

Eggah

Egyptian lamb kofta, also known as kefta, is a popular dish made from ground lamb meat mixed with spices and herbs, such as parsley, coriander, cumin, and garlic. The mixture is formed into small sausage-shaped meatballs or elongated patties and then grilled, baked, or fried until cooked through.

Ingredients:

- 500g ground lamb meat
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1/2 cup fresh parsley, chopped
- 1/2 cup fresh coriander, chopped
- 1 tsp ground cumin
- 1 tsp paprika
- 1/2 tsp ground cinnamon
- Salt and pepper to taste
- Olive oil for cooking

Instructions:

1. In a mixing bowl, combine the ground lamb, chopped onion, minced garlic, parsley, coriander, cumin, paprika, cinnamon, salt, and pepper. Use your hands to mix the ingredients thoroughly, ensuring that the spices and herbs are well distributed throughout the meat.
2. Divide the lamb mixture into 12-16 equal portions, depending on how big you want your kofta to be. Roll each portion into a sausage shape or elongated patty.
3. Heat some olive oil in a large skillet or grill pan over medium heat. Once hot, add the kofta to the pan, making sure not to overcrowd it. Cook for 4-5 minutes on each side, or until the lamb is cooked through and browned on the outside.
4. Once the kofta is cooked, transfer it to a serving plate and garnish with additional fresh parsley and coriander. Serve hot with rice, pita bread, or salad on the side, along with your preferred sauce, such as tahini or yogurt sauce.

Prawn Sambousak

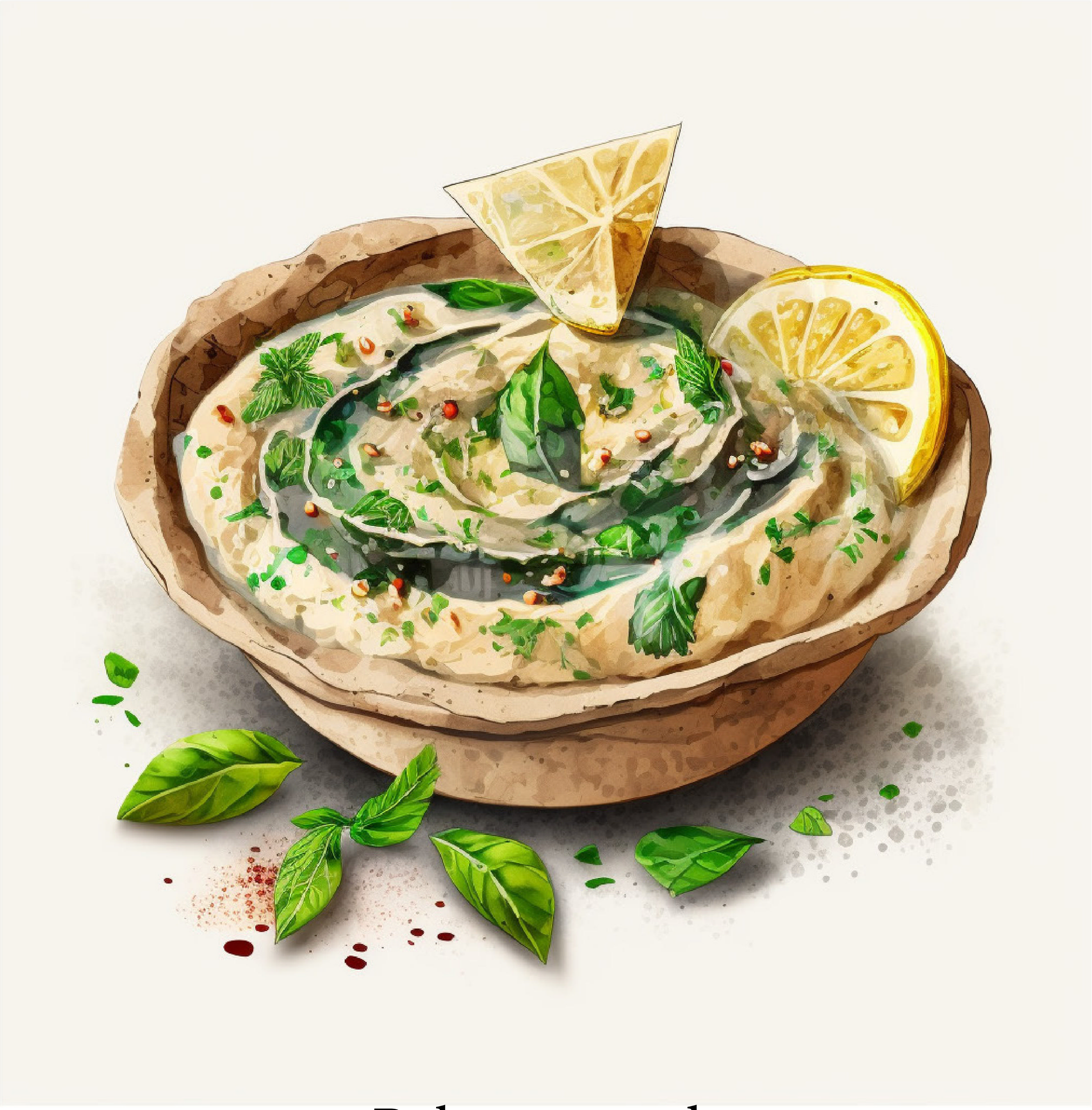
Prawn Sambousak is a popular Middle Eastern appetizer that is typically made with a pastry dough that is stuffed with a filling made from prawns, onions, and spices. The pastry dough is usually made with flour, butter, and water, and is kneaded until it is smooth and pliable. The filling for the sambousak is typically made by cooking chopped prawns with onions, garlic, and a blend of Middle Eastern spices, such as cumin, coriander, and paprika.

Ingredients:

- 1 lb prawns, peeled and deveined
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp paprika
- Salt and pepper, to taste
- 2 tbsp olive oil
- 1 package of prepared pastry dough (such as phyllo dough or puff pastry)
- Vegetable oil, for frying

Instructions:

1. Heat the olive oil in a pan over medium-high heat. Add the chopped onions and garlic and sauté for 2-3 minutes until soft and fragrant.
2. Add the prawns to the pan and cook for 3-4 minutes until they turn pink and are cooked through.
3. Add the cumin, coriander, paprika, salt, and pepper to the pan, and stir to combine. Cook for another minute to let the spices toast and release their flavors. Remove from heat and let cool.
4. Preheat the oven to 375°F.
5. Unroll the prepared pastry dough and cut it into circles using a cookie cutter or the rim of a glass. Place a small spoonful of the prawn mixture in the center of each circle of pastry dough.
6. Fold the pastry over the filling to create a half-moon shape, and press the edges together to seal. Use a fork to crimp the edges and create a decorative pattern.
7. Heat vegetable oil in a deep frying pan over medium-high heat. Once the oil is hot, fry the sambousak in batches until golden brown and crispy, about 2-3 minutes per side.
8. Transfer the fried sambousak to a baking sheet and bake for an additional 5-7 minutes to ensure the filling is heated through.
9. Serve the Prawn Sambousak warm with a dipping sauce of your choice, such as a spicy tomato sauce or a yogurt-based dip flavored with garlic and herbs. Enjoy!



Baba ganoush

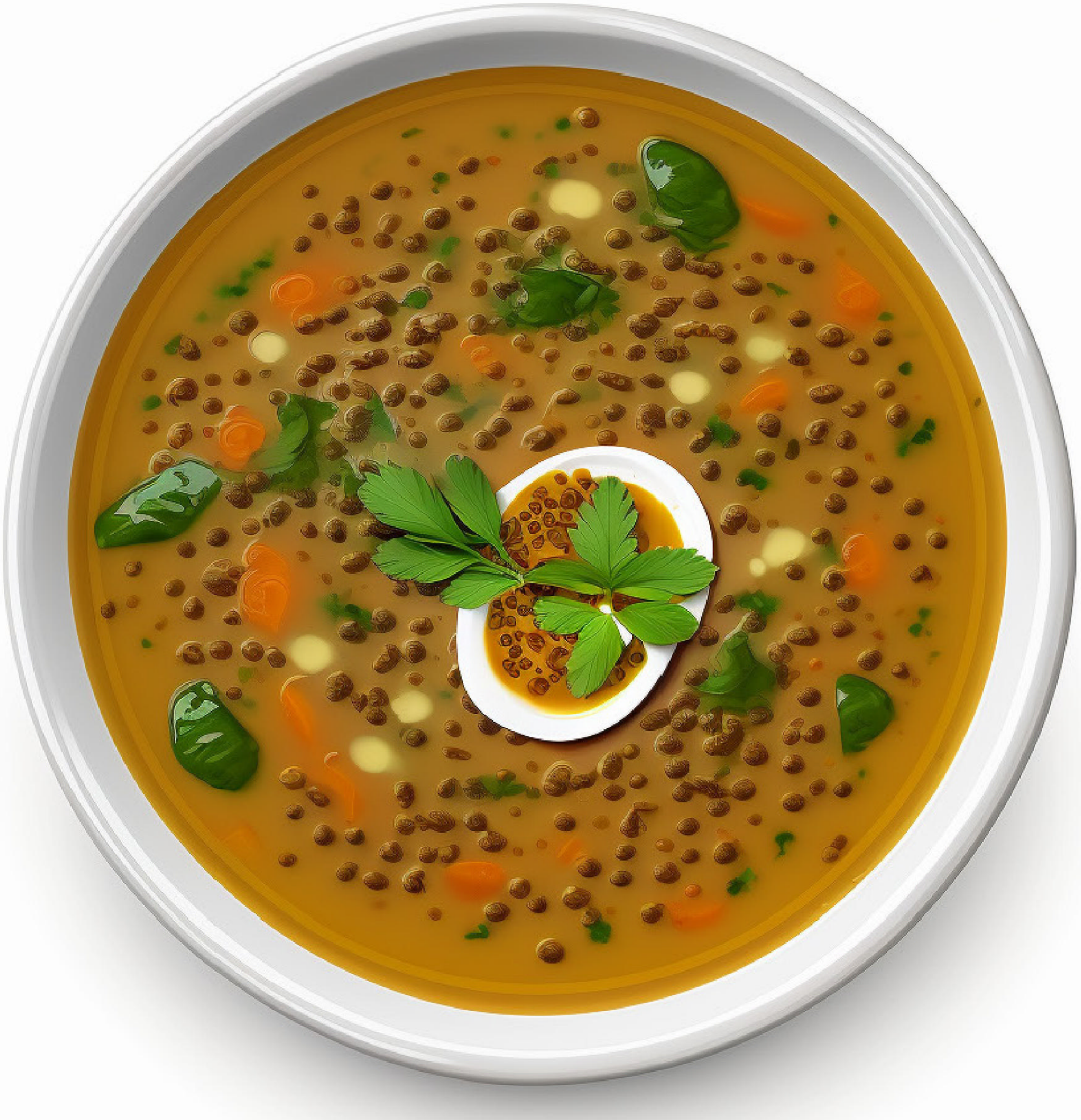
Baba ganoush is a popular Middle Eastern dip made from roasted eggplants that are mashed and combined with tahini, lemon juice, garlic, and various spices. The resulting spread has a creamy and smooth texture, with a slightly nutty and tangy flavor. It is typically served as an appetizer or snack, and is often used as a spread for pita bread, crackers, or vegetables. Baba ganoush is a staple in Mediterranean and Middle Eastern cuisine and is known for its versatility and delicious taste.

Ingredients:

- 2 large eggplants
- 1/4 cup of tahini
- 2 tablespoons of lemon juice
- 2 cloves of garlic, minced
- Salt and pepper, to taste
- 1/4 teaspoon of cumin
- 1 tablespoon of olive oil
- 2 tablespoons of parsley, chopped (optional)

Instructions:

1. Preheat the oven to 400°F (200°C).
2. Pierce the eggplants all over with a fork and place on a baking sheet.
3. Bake the eggplants for 35-40 minutes, or until they are soft and the skin is charred.
4. Allow the eggplants to cool, then peel off the skin and discard.
5. In a bowl, mash the eggplant with a fork or potato masher.
6. Add the tahini, lemon juice, garlic, salt, pepper, and cumin, and mix well.
7. Drizzle with olive oil and sprinkle with parsley (if using).
8. Serve the baba ganoush as a dip with pita bread, crackers, or vegetables



Lentil soup

Lentil Soup is a hearty and flavorful soup made with brown or green lentils, vegetables, and spices. It is a staple of Egyptian cuisine, commonly served as a main dish or as a side dish with bread or rice. The soup is known for its nutritious and filling properties, making it a popular choice for families and individuals who are looking for a quick and easy meal that is both filling and delicious. The soup is typically made by simmering lentils, onions, garlic, tomatoes, and a variety of spices in a broth until the lentils are tender and the flavors have melded together. The result is a warm and comforting soup that is perfect for cold nights or days when you want a filling, nourishing meal.

Ingredients:

- 1 cup of brown or green lentils, rinsed
- 2 tablespoons of olive oil
- 1 large onion, chopped
- 2 cloves of garlic, minced
- 2 medium tomatoes, chopped
- 4 cups of chicken or vegetable broth
- 1 teaspoon of cumin
- 1/2 teaspoon of paprika
- Salt and pepper, to taste
- 1/4 cup of fresh parsley, chopped (optional)
- 1 lemon, sliced (optional)

Instructions:

1. In a large pot, heat the olive oil over medium heat.
2. Add the onion and cook until softened, about 3 minutes.
3. Add the garlic and cook for another minute.
4. Add the chopped tomatoes and cook until they have broken down, about 5 minutes.
5. Add the lentils, broth, cumin, paprika, salt, and pepper to the pot and bring to a boil.
6. Reduce heat to low and simmer the soup, covered, for 30-40 minutes or un til the lentils are tender.
7. Stir in the parsley (if using) and remove from heat.
8. Serve the soup with lemon wedges on the side (if using).

Grilled Seafood

Grilled Seafood is a popular dish in Egyptian cuisine that typically consists of fresh seafood, such as fish or shrimp, that is marinated in spices and grilled over hot coals. The marinade often includes ingredients such as lemon juice, garlic, cumin, and paprika. The dish is typically served with rice and vegetables, and is known for its bold flavor and tender texture.

Ingredients:

- 1 lb of fresh seafood (fish or shrimp)
- 2 tbsp lemon juice
- 2 cloves of garlic, minced
- 1 tsp cumin
- 1 tsp paprika
- Salt and pepper, to taste
- Olive oil
- Lemon wedges for serving

Instructions:

1. Clean and prepare the seafood.
2. In a large bowl, mix together the lemon juice, minced garlic, cumin, paprika, salt, pepper and enough olive oil to make a smooth marinade.
3. Add the seafood to the marinade and mix until well coated. Let marinate in the refrigerator for at least 30 minutes.
4. Preheat a grill to high heat.
5. Remove the seafood from the marinade and grill for 3-4 minutes on each side, or until cooked through.
6. Serve with lemon wedges and rice or vegetables of your choice.

Roast Lamb

Roast Lamb is a traditional dish in Egyptian cuisine that consists of slow-roasted leg of lamb seasoned with spices, herbs and typically served with rice or vegetables. The lamb is marinated in a mixture of spices and herbs, including cumin, coriander, garlic, and lemon juice, and then roasted in an oven or over a spit for several hours. This results in tender, juicy meat with a bold, savory flavor. The dish is often served during special occasions, such as weddings and holidays, and is a staple of Egyptian cuisine.

Ingredients:

- 1 leg of lamb (5-6 pounds)
- 4 cloves of garlic, minced
- 1 tbsp cumin
- 1 tbsp coriander
- 2 tbsp lemon juice
- Salt and pepper, to taste
- Olive oil

Instructions:

1. Preheat the oven to 325°F.
2. In a small bowl, mix together the minced garlic, cumin, coriander, lemon juice, salt, pepper and enough olive oil to make a smooth marinade.
3. Place the leg of lamb in a roasting pan and make several slits in the meat.
4. Rub the marinade all over the lamb, making sure it is well coated.
5. Roast the lamb in the oven for 2-3 hours or until the internal temperature reaches 145°F.
6. Let the lamb rest for 10 minutes before slicing and serving.

Okra Stew

Okra Stew is a traditional dish in African and Middle Eastern cuisine made with okra, tomatoes, onions, and spices. The okra is sliced and simmered in a tomato-based sauce along with aromatic spices, such as cumin, paprika, and coriander, and often contains meat, such as chicken or beef. The stew is known for its thick, hearty texture and flavor, and is often served with rice or bread. This dish is a staple in many African and Middle Eastern households, and is known for its delicious, comforting taste and simple preparation.

Ingredients:

- 1 lb okra, sliced
- 1 large onion, chopped
- 3 cloves of garlic, minced
- 2 large tomatoes, chopped
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp coriander
- Salt and pepper, to taste
- 1 tbsp oil
- Optional: diced meat (chicken, beef, or lamb)

Instructions:

1. Heat the oil in a large saucepan over medium heat.
2. Add the chopped onions and cook until softened, about 5 minutes.
3. Add the minced garlic and cook for an additional minute.
4. Stir in the chopped tomatoes, cumin, paprika, coriander, salt, and pepper. Cook until the tomatoes are soft, about 5 minutes.
5. If using meat, add it to the saucepan and cook until browned, about 5-7 minutes.
6. Add the sliced okra to the saucepan and stir to combine with the sauce.
7. Reduce heat to low, cover the saucepan and let the stew simmer for 20-30 minutes, stirring occasionally, until the okra is tender.
8. Serve the Okra Stew hot with rice or bread.

Stuffed Vegetables

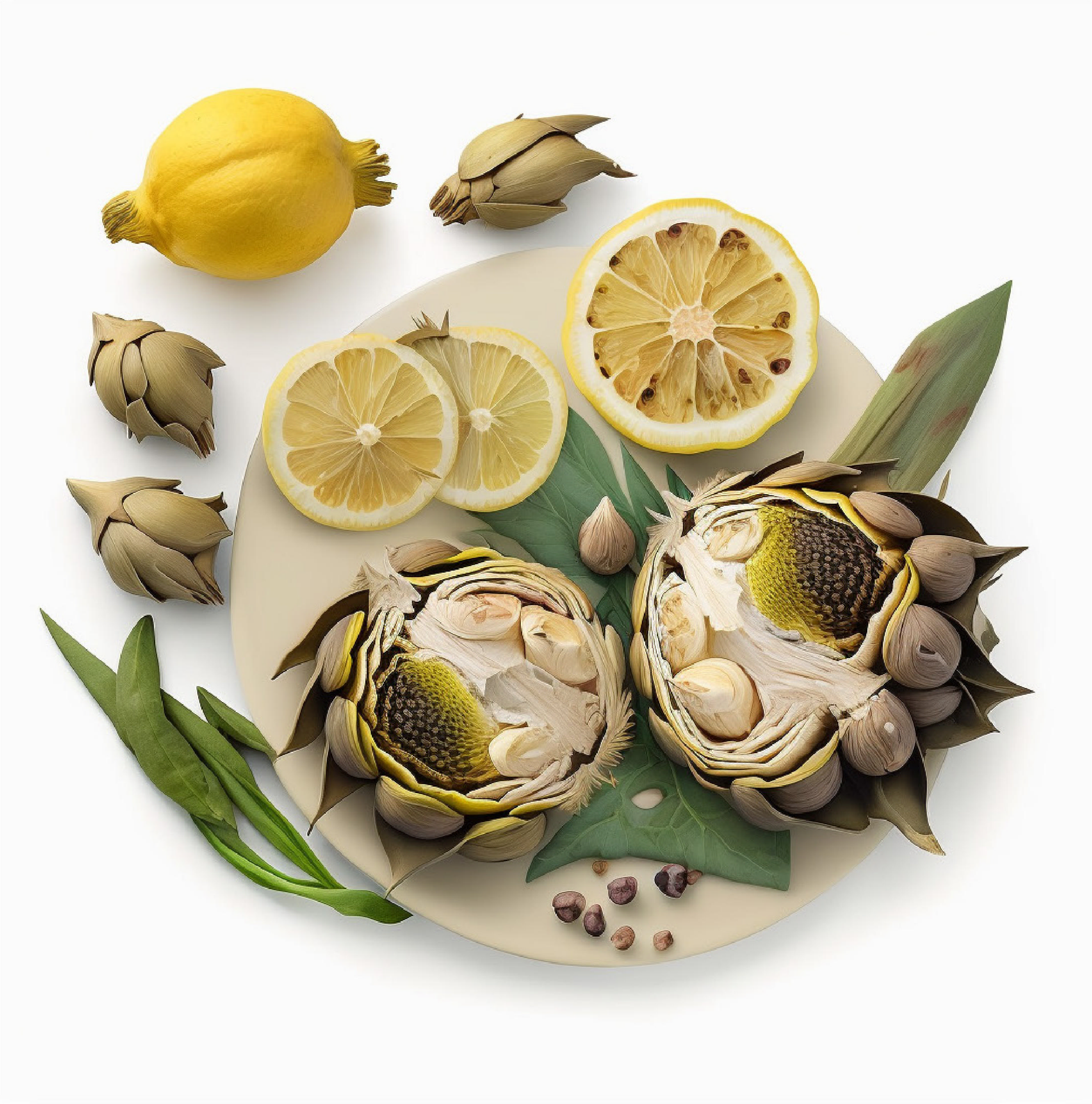
Egyptian Stuffed Vegetables is a traditional dish in Egyptian cuisine that consists of vegetables, such as bell peppers, tomatoes, zucchinis, or eggplants, that are filled with a savory mixture of rice, herbs, spices, and sometimes meat. The vegetables are hollowed out, stuffed with the filling, and then baked in the oven until tender. The stuffing mixture typically includes ingredients such as rice, onion, parsley, mint, and spices like cumin, paprika, and allspice. The dish is known for its bold flavor and tender texture, and is often served as a main dish or as a side dish..

Ingredients:

- 4 bell peppers, tomatoes, zucchinis, or eggplants
- 1 cup of rice
- 1 large onion, chopped
- 2 cloves of garlic, minced
- 1/4 cup of parsley, chopped
- 1/4 cup of mint, chopped
- 1 tsp cumin
- 1 tsp paprika
- Salt and pepper, to taste
- Optional: diced meat (chicken, beef, or lamb)

Instructions:

1. Preheat oven to 375°F.
2. Cut the tops off the vegetables and scoop out the seeds.
3. In a large saucepan, cook the rice according to package instructions.
4. In a separate pan, heat some oil over medium heat. Add the chopped onion and cook until softened, about 5 minutes.
5. Add the minced garlic and cook for an additional minute.
6. Stir in the chopped parsley, mint, cumin, paprika, salt, and pepper.
7. If using meat, add it to the pan and cook until browned, about 5-7 minutes.
8. Mix the cooked rice and the herb-spice mixture together in a large bowl.
9. Fill each vegetable with the rice mixture.
10. Place the stuffed vegetables in a baking dish and bake in the oven for 30-40 minutes or until the vegetables are tender.



Artichokes with lemon and garlic

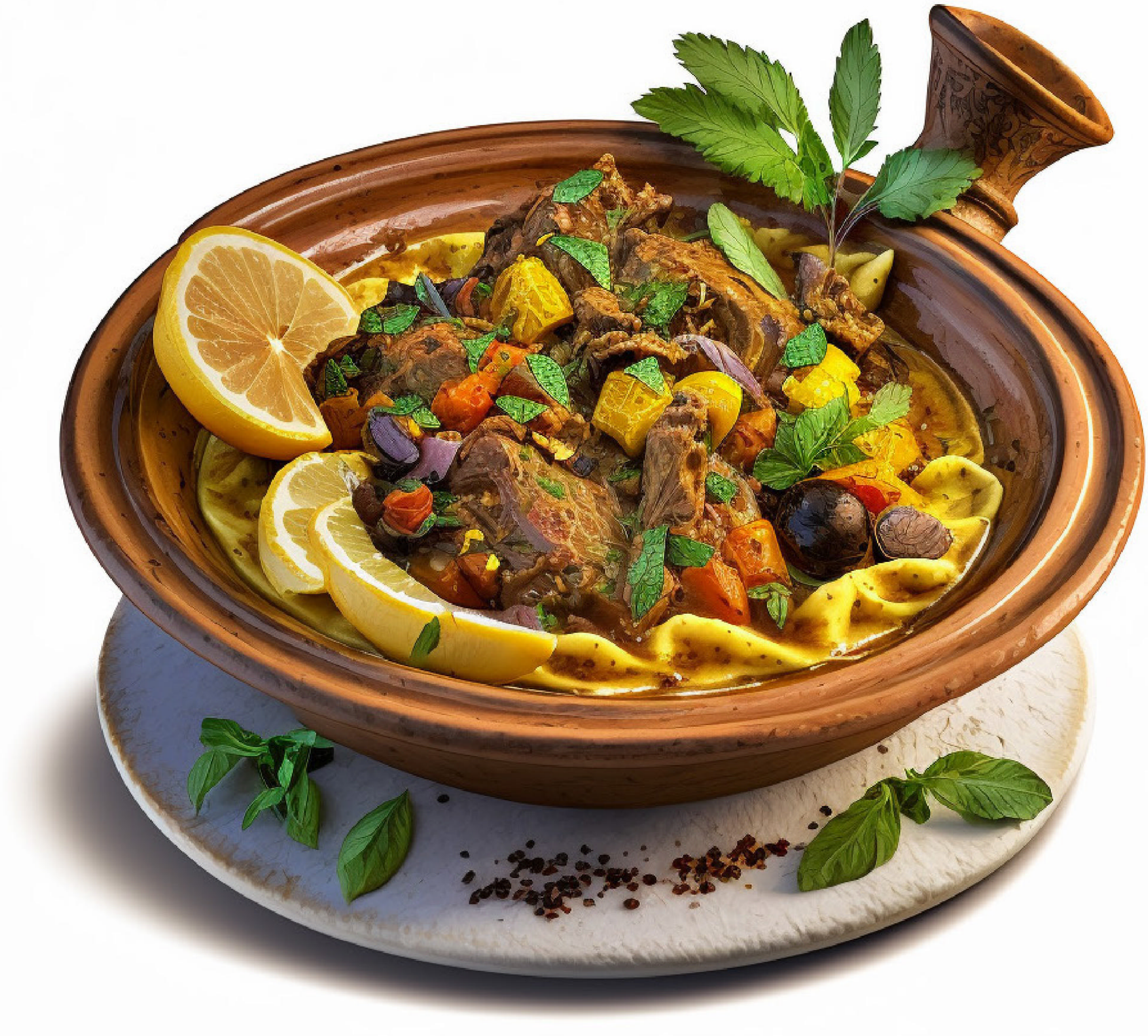
Artichokes with lemon and garlic are typically boiled or steamed until tender, then seasoned with fresh lemon juice, garlic, and olive oil. The artichoke itself has a slightly nutty and earthy flavor, while the lemon adds a tangy and fresh taste, and the garlic adds a strong, savory flavor. This dish is typically served as a side dish or as an appetizer, and is often enjoyed for its slightly bitter taste and tender, meaty texture.

Ingredients:

- Artichokes
- Lemon juice
- Garlic
- Olive oil
- Salt
- Pepper

Instructions:

1. Clean the artichokes by removing the tough outer leaves and trimming the stem.
2. Cut the artichokes in half and remove the inner choke.
3. In a pot, boil water with lemon juice and minced garlic.
4. Add the artichokes to the pot and cook for 15-20 minutes, or until tender.
5. Drain and toss the artichokes with olive oil, salt, and pepper.
6. Serve as a side dish, garnished with lemon wedges and additional minced garlic, if desired. Enjoy!



lamb tagine

Egyptian lamb tagine is a slow-cooked stew that is traditionally cooked in a clay pot called a “tagine.” The dish consists of tender lamb meat that is seasoned with aromatic spices and cooked with a variety of vegetables and herbs, such as onions, carrots, potatoes, and tomatoes.

Ingredients:

- 500g lamb meat, cut into bite-size pieces
- 1 onion, chopped
- 2 garlic cloves, minced
- 2 carrots, peeled and chopped
- 2 potatoes, peeled and chopped
- 1 can of diced tomatoes (400g)
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp ground cinnamon
- 1/2 tsp ground ginger
- Salt and pepper to taste
- Olive oil for cooking
- Fresh parsley or coriander for garnish
- Couscous or bread for serving

Instructions:

1. In a large tagine or a heavy-bottomed pot, heat some olive oil over medium heat. Add the lamb meat and cook until browned on all sides. Remove the meat from the pot and set aside.
2. In the same pot, add the chopped onion and garlic, and cook until soft and translucent. Add the chopped carrots and potatoes, and cook for a few more minutes.
3. Add the cooked lamb meat back to the pot, along with the canned diced tomatoes, cumin, coriander, cinnamon, ginger, salt, and pepper. Stir to combine.
4. Add enough water or broth to cover the meat and vegetables. Cover the pot with a lid and bring the mixture to a simmer.
5. Reduce the heat to low and let the tagine cook for about 2-3 hours, stirring occasionally, until the lamb is tender and the vegetables are cooked through. Add more water or broth if needed to keep the mixture from drying out.
6. Once the tagine is cooked, garnish with fresh parsley or coriander, and serve hot with couscous or bread on the side.

Pickled vegetables

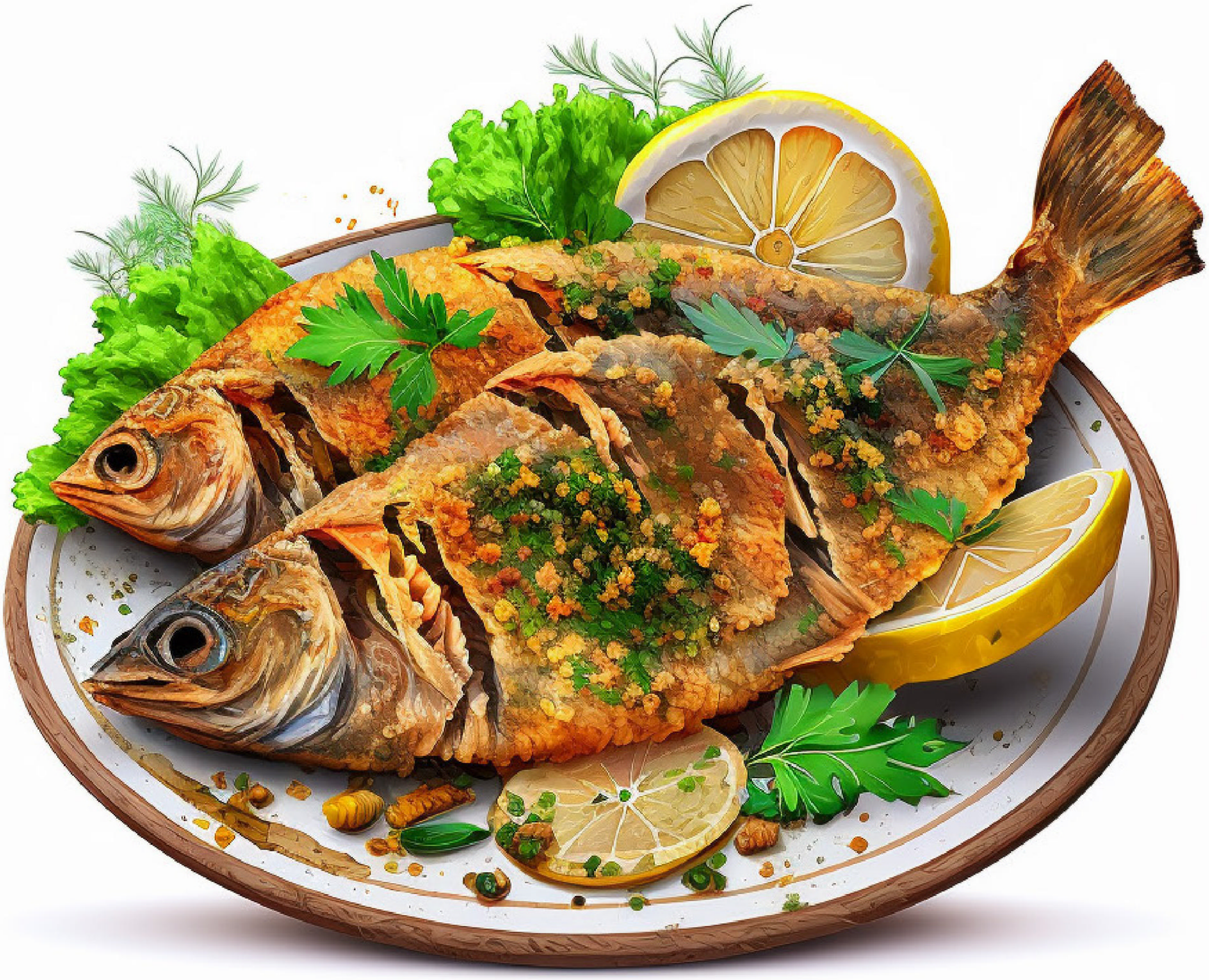
Pickled vegetables are vegetables that have been preserved in a vinegar or brine solution, usually with spices and herbs added for flavor. The vegetables can range from cucumbers, carrots, onions, beets, and more, and are commonly served as a tangy and crunchy condiment or side dish. The taste of pickled vegetables is sour and tangy, due to the vinegar or brine solution they are preserved in. The flavor of the vegetables themselves is often muted, taking on the flavors of the spices and herbs added to the brine. The texture of pickled vegetables is crisp and crunchy, providing a satisfying contrast to the sour and tangy flavor.

Ingredients:

- Assorted vegetables (such as cucumbers, carrots, onions, beets, etc.)
- Vinegar (such as white vinegar, apple cider vinegar, or rice vinegar)
- Sugar
- Salt
- Spices (such as peppercorns, dill, bay leaves, mustard seeds, etc.)

Instructions:

1. Clean and prepare the vegetables. Cut them into desired shapes and sizes.
2. Combine the vinegar, sugar, and salt in a saucepan and heat until the sugar has dissolved.
3. Add the desired spices to the vinegar mixture.
4. Pack the prepared vegetables into sterilized jars.
5. Pour the hot vinegar mixture over the vegetables, making sure to completely cover the vegetables.
6. Seal the jars and allow them to cool to room temperature.
7. Refrigerate the pickled vegetables for at least 24 hours before serving, allowing the flavors to develop and the vegetables to become fully pickled.



Fried fish

Fried fish is a popular dish in Egypt, made by coating fish fillets in seasoned flour and deep-frying them until crispy and golden. It is usually served hot with rice, salad, or pita bread and can be flavored with spices such as cumin, paprika, and coriander. Some variations may also include herbs like parsley and lemon.

Ingredients:

- 4 fish fillets
- 1 cup of flour
- 1 tsp. of paprika
- 1 tsp. of cumin
- Salt and pepper to taste
- Oil for frying
- Lemon wedges (optional)

Instructions:

1. Rinse and pat dry the fish fillets.
2. In a bowl, mix together the flour, paprika, cumin, salt, and pepper.
3. Coat each fish fillet in the flour mixture, shaking off any excess.
4. Heat oil in a deep pan over medium-high heat.
5. Once the oil is hot, gently place the coated fish fillets into the pan. Fry for 3-5 minutes on each side or until crispy and golden brown.
6. Remove from the oil and place on paper towels to drain any excess oil.
7. Serve hot with rice, salad, or pita bread and a squeeze of lemon, if desired.

Grilled vegetables

Grilled vegetables in Egypt typically include eggplant, bell peppers, onions, tomatoes, and zucchini, seasoned with spices like cumin, paprika, and garlic. They are often skewered and cooked over hot coals until charred and tender. The grilled vegetables are often served as a side dish or as part of a larger meze platter. They are popular for their smoky flavor and vibrant colors.

Ingredients:

- 2 medium eggplants, sliced
- 2 medium zucchinis, sliced
- 2 medium potatoes, sliced
- 2 medium tomatoes, sliced
- Salt to taste
- Black pepper to taste
- Paprika to taste
- Cumin to taste
- Garlic powder to taste
- Vegetable oil for frying

Instructions:

1. Season the sliced vegetables with salt, black pepper, paprika, cumin, and garlic powder.
2. Heat the vegetable oil in a large frying pan over medium heat.
3. Fry the vegetables in batches, until golden brown and crispy, about 3-5 minutes per batch.
4. Drain the fried vegetables on a paper towel to remove any excess oil.
5. Serve hot with a sprinkle of salt and a squeeze of lemon juice, if desired.

Egyptian samosas

Egyptian samosas are a popular street food and snack in Egypt. They are small, triangular-shaped pastries filled with a variety of ingredients, including spiced meats, vegetables, and cheese. The filling is wrapped in a thin, crispy pastry shell made of flour and water, then deep fried until golden brown.

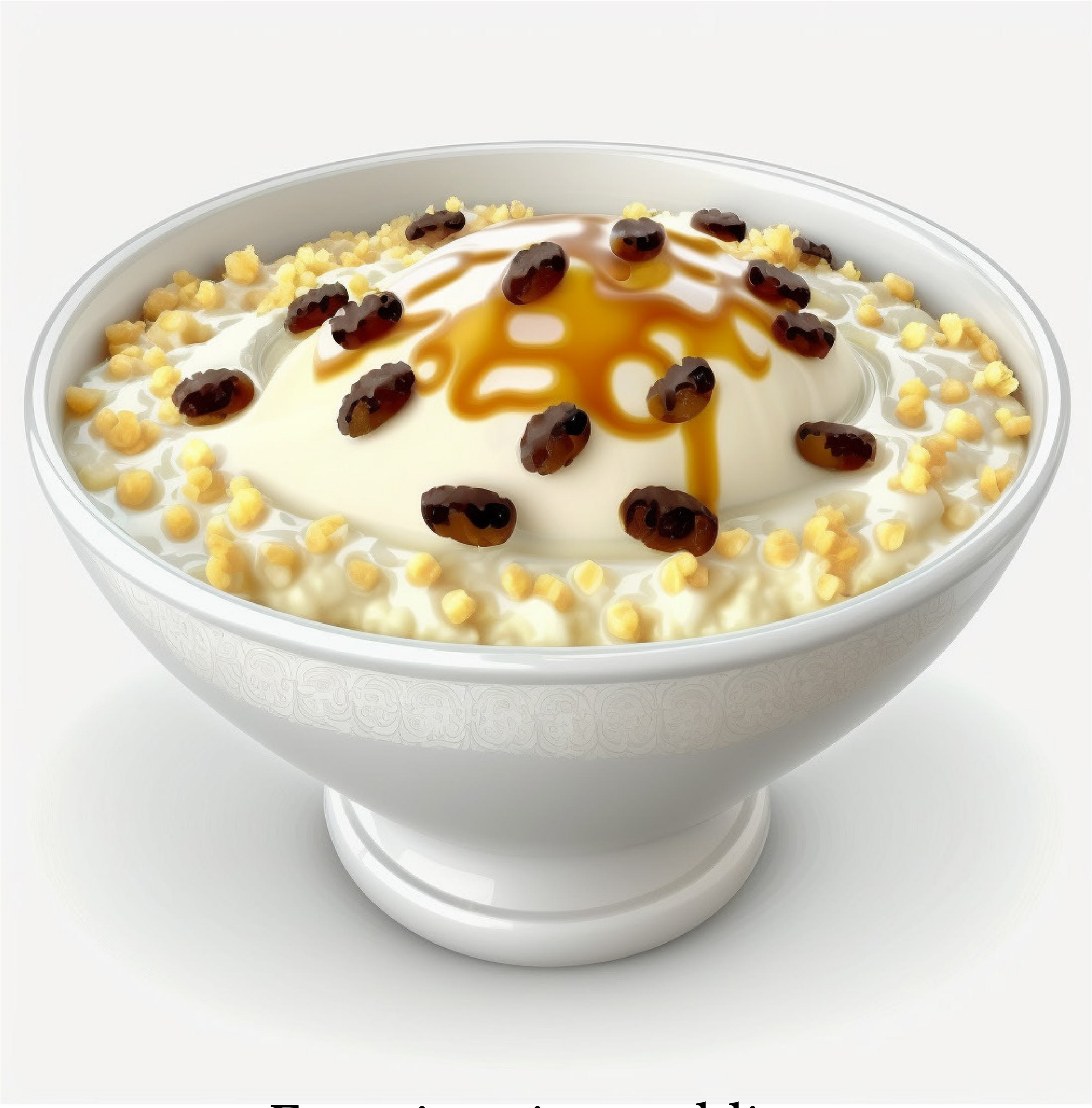
The fillings for Egyptian samosas can vary, but some popular options include minced beef or lamb, mixed vegetables, or cheese. The spices used in the fillings often include cumin, paprika, coriander, and chili powder, which give the samosas a bold, flavorful taste.

Ingredients:

- 2 cups all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon baking powder
- 1/4 teaspoon sugar
- 1/2 cup warm water
- 1/2 cup vegetable oil
- 1 pound ground beef or lamb
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1/2 teaspoon coriander
- 1/2 teaspoon chili powder
- Salt and pepper to taste
- Vegetable oil for frying

Instructions:

1. In a large bowl, combine the flour, salt, baking powder, and sugar. Add the warm water and 1/2 cup of oil, and mix until a dough forms. Knead the dough for 5-7 minutes until smooth. Cover the dough and set aside.
2. In a pan over medium heat, brown the ground beef or lamb with the onion and garlic until fully cooked. Add the spices, salt and pepper to taste, and cook for 2-3 minutes.
3. Roll the dough into a thin sheet and cut into 3-inch squares. Place a spoon ful of the meat filling in the center of each square.
4. Fold the square to form a triangle, and press the edges together to seal.
5. In a large pan, heat the vegetable oil over medium heat. Fry the samosas un til golden brown, about 5-7 minutes.
6. Serve the samosas hot with your favorite dipping sauce, such as a garlic sauce or a spicy chili sauce.



Egyptian rice pudding

Egyptian rice pudding, also known as “roz bel laban,” is a sweet and creamy dessert made with short-grain rice, milk, sugar, and spices. It is a staple dessert in Egyptian cuisine and is enjoyed year-round.

The rice is simmered in milk and sugar until tender, then flavored with vanilla, cinnamon, and sometimes a touch of orange blossom water. The pudding is then topped with a sprinkle of cinnamon and sometimes with a drizzle of honey.

Ingredients:

- 1 cup basmati rice
- 5 cups of whole milk
- 1 cup sugar
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- a pinch of salt
- 2 tbsp cornstarch
- 2 tbsp water

Instructions:

1. Rinse and drain the rice, then place it in a large saucepan with 4 cups of milk, sugar, vanilla extract, cinnamon, nutmeg, and salt.
2. Bring the mixture to a boil over medium heat, then reduce the heat to low and simmer, stirring occasionally, for 25-30 minutes or until the rice is ten der and the mixture is thick.
3. In a small bowl, mix the cornstarch and water together until smooth.
4. Stir the cornstarch mixture into the rice pudding and cook for 2-3 minutes or until the pudding has thickened.
5. Remove the saucepan from heat and let the pudding cool slightly.
6. Serve the pudding warm or chilled, garnished with ground cinnamon and a drizzle of honey, if desired. Enjoy!

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